

Summary

A fat blend based on oils, fats and/or lecithins with a content of polyunsaturated fatty acids is provided. This fat blend is distinguished in that the fatty acids gamma-linolenic acid, stearidonic acid and eicosapentaenoic acid together comprise 10 to 500 mg per g total fatty acids and the gamma-linolenic acid and the eicosapentaenoic acid each comprise 20 to 50 wt. % and the stearidonic acid 15 to 50 wt. % of the sum of these three fatty acids. This fat blend can also be incorporated in a dietetic or pharmaceutical composition, in particular a dietetic foodstuff and serves in particular for administration to patients with chronic/inflammatory diseases, with fat metabolism disorders, with weakened immune function and/or with limited lipolytic capacity of the gastrointestinal tract.